	Nutrition Education Lesson First Grade (TL-1-2)
Nutrition	This lesson is designed to increase students' knowledge of a wide variety of fruits and vegetables.
constructs	
Iowa Core	Iowa Core SL.1.4 — Describe people, places, things and events with relevant details, expressing ideas and feelings clearly.
Supplies	Physical Activity Card Set (provided), cards, markers, pencils  20-30 minutes
needed Before the	Optional: examples of riddles required required required
lesson	Write the following words on the board to help students as they work on the riddle activity. Add additional words that would help your students.
1633011	Crunchy Squishy Soft Hard Shiny Sweet Sour Seedy
	Yummy Tasty Prickly Spicy Fuzzy Smooth Bumpy Crispy
Lesson	1. Begin this lesson by doing a few minutes of physical activity with your students. Choose an activity from the physical activity card set provided. Take the opportunity to remind your students how important it is to be active throughout the day to keep their bodies and minds strong.
	2. Let students know that today they are going to solve and write some riddles about healthy fruits and vegetables. If students are not familiar with the concept of a riddle, give them an introduction to the idea of riddles. Riddles are a series of clues to help you guess what is being described.
	<ol> <li>Lead students through solving the following riddles.</li> <li>I am green. I grow on a vine near the ground. I have a bumpy skin and I'm crunchy. People make pickles out of me. Answer:         Cucumber     </li> </ol>
	<ul> <li>b. I grow on a tree in warm places. I have a thick skin and soft middle. I am great in fruit salad and people make bread out of me.</li> <li>Monkeys and people both eat me. Answer: Banana</li> <li>c. I grow underground in places like lowa. I am crunchy and orange. I make a great snack and people make cakes out of me. Rabbits</li> </ul>
	and people both like to eat me. Answer: Carrot
	d. I grow on the ground in gardens and on farms. Sometimes I grow to be bigger than a basketball. I am usually eaten in the summer time and sometimes people spit my seeds. I am green on the outside and red in the middle. Answer: Watermelon.
	4. Challenge students to write a riddle about a fruit or vegetable they like to eat. They can write the clues on one side of a card and the answer on the other. If they need help with ideas, use examples from this month's school lunch menu or foods kids have tasted during nutrition education. Each riddle should contain three hints (for example, color, texture, where it grows, how we eat it, how it tastes). Remind students that their classmates will be guessing what their riddle describes so don't give it away!
	5. Once students finish, pick up all the cards and read the riddles aloud allowing children to guess what is being described. Another option is to distribute the cards among the students at their desks (hints side up!) and have them guess the riddle they have or read the riddle aloud for the class to guess.